

## **Programs and Services**

### **Frederick County Department of Aging**

The mission of the Frederick County Department of Aging is to develop and administer programs that support Frederick County older adults in their efforts to remain healthy, active, and independent members of the community and to provide, coordinate, and advocate for services that promote the dignity and enrichment of life for all older adults, their families, and caregivers. The Department also publishes the following guides: Caregiver, Diabetes, and the “Blue Book,” which is a community resource guide for older adults, their families, and caregivers.

#### **Information and Assistance (I&A)**

Information and Assistance (I&A) is the gateway for information about services and benefits available to seniors, their families, caregivers and professionals. In addition to information, assistance and referrals, I&A can help with applications for homeowner's/renter's tax credits, public benefits, and energy assistance. Another program offered to seniors is Volunteers in Tax Assistance (VITA) which assists eligible seniors in preparing their tax returns.

#### **Senior Health Insurance Program (SHIP)**

The Frederick County Senior Health Insurance Program (SHIP) offers confidential, face-to-face counseling assistance for those on Medicare. Trained staff members are available to help Medicare beneficiaries, family members, and caregivers understand and apply for Medicare benefits, assistance in filing Medicare appeals, and help with billing problems. The Department also assists seniors during the yearly Medicare D open enrollment period.

#### **Caregiver Support Program**

The Caregiver Support Program provides support to caregivers who are caring for someone older than age 60. This program is also for caregivers of a person with Alzheimer's disease or a related disorder. The program also provides support to grandparents and other relative caregivers over the age of 55 who are caring for a child age 18 or under, and grandparents or relative caregivers providing care for adult children with a disability who are between 19 and 59 years of age.

#### **Senior Centers and Nutrition Sites**

The five senior centers are community focal points offering educational programs, health and fitness activities, recreational and socialization opportunities. The programs and activities help individuals maintain wellness and independence. Frederick County offers lunch at the senior centers on a daily basis and at one nutrition site on a weekly basis. Meals are planned and prepared to meet at least one third of the Recommended Dietary Allowance for older adults and follows the dietary guidelines for Americans.

#### **Guardianship Program**

In lieu of a suitable familial guardian, the Director of the Frederick County Department of Aging, or her designee, may be appointed as a Public Guardian for persons ages 65 and older who have been declared by the Circuit Court to be incapable of making their own decisions. Guardians may be required to determine appropriate living arrangements, oversee the provision of services or consent to medical treatment for persons under their care.

## **Aging in Place Programs**

- **Senior Care Program**

The Senior Care Program provides in-home aide services to eligible individuals 65 years and older who require assistance with activities of daily living such as bathing, dressing, and meal preparation. In-home aides may also provide chore or homemaker services, as well.

- **Meals on Wheels/Home Delivered Meals**

Meals on Wheels provides two meals a day to eligible participants throughout Frederick County. Participants must be homebound due to illness or physical limitations; not able to prepare meals and has no caregiver to assist with food shopping and preparation; or cannot safely prepare food due to physical, mental or emotional impairment.

Home delivered meals are available for homebound seniors, 60 years or older who live within the service areas of the senior centers. Seniors who are unable to attend senior center programs due to health problems can benefit from home delivered meals as a way to remain in their homes and communities and maintain their nutritional health.

- **Older Adults Waiver/Medicaid Waiver**

The goal of the Medicaid Waiver is to enable adults to remain in a community setting even though their advanced age or disability would warrant placement in a long-term care facility. The Waiver allows services that are typically covered by Medicaid in a long term care facility to be provided to eligible persons in their own homes or in assisted living facilities. For eligible clients, the State will pay for covered services to enable them to stay in the community.

## **Legal Services**

The Department contracts with a local legal service provider to offer eligible Frederick County citizens age 60+ legal advice (and representation when necessary) on matters such as housing and landlord/tenant disputes, denials and termination of public benefits, consumer protection and family law. The legal services provider can offer community education as well as outreach to homebound individuals and to those in long-term care facilities. The legal services provider can also make referrals for power of attorney requests, advanced directives, wills and deed changes can be made.

## **Ombudsman/Resident Advocacy**

The Ombudsman is an advocate whose goal is to promote the highest possible quality of life and care for residents living in long-term care facilities. The Ombudsman ensures the understanding and implementation of residents' rights through staff and resident training; receives and attempts to resolve complaints made by or on behalf of long-term residents; protects the privacy and confidentiality of residents and families; educates the community about long-term care facilities; and advocates for improvements in relevant legislation and policy.

## **Frederick County Commission on Aging**

The purpose of the Commission is to advise the Board of County Commissioners and the Frederick County Department of Aging on all matters relating to development and administration of the area plan and to be advocates for issues relating to aging.